Wellness Ambassador of the Month

Priscilla Cordova - Anthropology

How long have you worked at UC Davis?

It is my 7th year Anniversary working in the Anthropology department in October.

What does wellness mean to you?

Wellness to me is not only physical health but mental as well.

Why did you become a wellness ambassador?

I became a Wellness Ambassador because I really do believe in work life balance. And I love to promote healthy habits. Reminding others to take care of themselves helps me stay healthy as well.

How long have you been a wellness ambassador?

I became a Wellness Ambassador a few months after the program began.

What has been rewarding or positive about your experience thus far?

When coworkers tell me they continue to keep up with the wellness activities even though there aren’t any incentives. Knowing that they think of me when they are trying to stay fit or be healthy is very rewarding.

What are some of the challenges you face as a wellness ambassador?

The biggest challenge is to get coworkers to join the lunch time workouts. However when you are busy and having to change into workout clothes can be a challenge in itself. Other than that my coworkers have all been great supporters and always participate in my challenges and activities.

What is one piece of advice you would like to share with new wellness ambassadors?

I would say if one idea doesn’t work out don’t get discouraged. Ask your supervisor if you can schedule some time with your staff to go over different ideas so everyone feels involved and are more willing to participate.

Staff and Faculty Health and Well-being aims to build an environment that makes the healthier choice the easier choice, while providing staff and faculty with the required support to make UC Davis the healthiest community. How do you feel you have contributed to our mission and how do you plan on continuing to promote health and well-being in your department?

By providing different activities that promote work-life balance. Even the smallest activities like taking 5 minutes to sit and stretch at your desk, or meditate can change your whole mood and attitude for the whole day. I also promote taking the time to ask a coworker how they are doing that day or to go on a walk. I feel like this is providing a healthy work community.

What is your favorite thing to do in your spare time?

I love to cook and bake and spend time with family and friends.